

Crew Rest

GMT	Crew	Activity
12:30–12:40		Morning inspection
12:40–13:10		Personal hygiene (post-sleep)
13:10–14:00		BREAKFAST
14:00–15:00		EVA timeline update / tagup with EVA specialist (S-band)
15:00–15:30	FE-2	SIMO H2O VENT INIT (water dump prep)
15:00–17:00	CDR, FE-1	Weekly station cleanup
15:30–16:50	FE-2	SIMO DUMP MON (water dump monitoring)
16:50–17:20		SIMO H2O VENT TERM (water dump termination)
17:00–17:40	CDR	Physical exercise (cycle-2)
17:40–17:50	FE-1	Inspection of ???-1 separator
17:40–18:10	CDR (assist), FE-2	Hand cycle ergometry ? ₀ =17:48 (S-band)
18:10–18:45	FE-2	Maintenance of ???
18:45–19:45		LUNCH
19:55–20:25		Weekly planning conference (<i>S-band</i>)
20:25–20:45	FE-2	Increment 4 payload status check
21:45–23:15	FE-1	Physical exercise (RED)
22:15–23:15	FE-2	Physical exercise (TVIS)
23:15–00:15	FE-1	Physical exercise (TVIS)
23:15–00:45	FE-2	Physical exercise (RED)
00:15–01:45	CDR	Physical exercise (TVIS+IREDD day 2)
02:00–02:30		DINNER
02:30–03:00		Daily food ration prep
03:00–04:00		Personal hygiene (pre-sleep)
04:00–12:30		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram